



GOHS XC/Track Strength & Exercise Routines

Plyometric Stations

1. Station 1 – Pull up bars on fit course
 - 1.1. Chin ups
 - 1.2. Frog kicks
 - 1.3. Alternating frog kicks
 - 1.4. Double leg pike
2. Station 2 – Upper Leg
 - 2.1. Prisoner squat
 - 2.2. Single leg prisoner squat
 - 2.3. Front lunges (Stationary lunges)
 - 2.4. Lunge exchange (Stationary)
3. Station 3 – Upper Torso
 - 3.1. Push ups
 - 3.2. Push ups with toe walk
 - 3.3. Push up on finger tips or with clap
 - 3.4. Dips
4. Station 4 – Lower Torso & Hip
 - 4.1. Mountain climbers (4 way: singles in/out, doubles in/out)
 - 4.2. Donkey whips
 - 4.3. Plyo box step ups – knee lift and twist
 - 4.4. Plyo box side jumps
5. Stations 5 – Agility
 - 5.1. Backward run
 - 5.2. Straight leg shuffle to bound
 - 5.3. Quick legs
 - 5.4. Dribbling – small steps ankle high to high knees
 - 5.5. Frog jumps

*Each station should be at least 50 meters apart. They rotate/jog to each station.



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Plyometric Stations

1. Station 1 – Pull up bars on fit course



2. Station 2 – Upper Leg



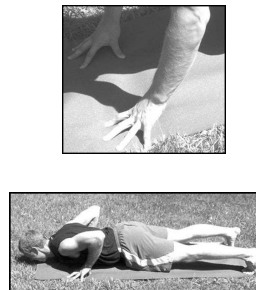
3. Station 3 – Upper Torso

Push-Ups



Push-Ups
With toe walk

Same as
push-up
except after
the push up
walk to the
left 2 spaces
by crossing
your
arms and legs



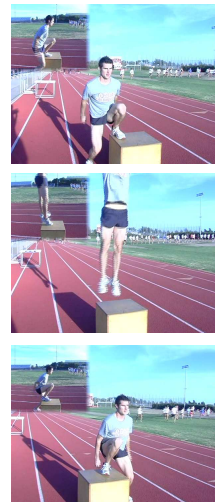
Finger Tip
Push-Ups



4. Station 4 – Lower Torso & Hip



Plyo box
side jumps



5. Stations 5 – Agility

